

WHY OASIS?

The OASIS Program has developed a unique model of treatment incorporating evidenced based therapies and integrative treatment approaches.

The OASIS Program begins with a comprehensive two week intensive stabilization process by providing treatment focused solely on developing coping skills. Trauma therapy begins after that time to ensure patients are better able to tolerate distress.

Along with our highly trained and experienced treatment staff, integrative approaches are provided by experienced community volunteers specializing in various practices, offering a comprehensive program to treat mind and body. Current courses offered are yoga, meditation, spirituality, recreation therapy, and art therapy. In addition, OASIS patients provide valuable time giving back to the community through volunteerism and working with the Veteran communities. Upon stabilization, patients partake in therapeutic passes allowing in-vivo exposure to specific PTSD triggers and continuously working towards goals identified in treatment.

In addition, OASIS provides continuity and coordination of care transitioning from more intense to less intense levels of care. OASIS operates within a military treatment setting to ensure that the military culture is maintained, minimizing incongruence transitioning from civilian care and treatment back into a military setting.

WHO CAN ATTEND?

Active Duty Service members are eligible for treatment when their combat PTSD has not improved with outpatient treatment.

Prospective patients must be medically stable and be sober for at least one week. Please contact the OASIS Case Manager for questions or concerns.



HOW DO I GET INTO TREATMENT?

Talk to your provider.

Ask them to fill out an intake packet or contact our program.

Get TAD/TDY orders from your chain of command for 10 weeks.

Please bring your medical record.

Contact the OASIS Case Manager for referral or questions at (619) 553-0075.

WHY IS OASIS A GREAT PLACE FOR TREATMENT?

Multidisciplinary treatment staff with active deployment experience.

Comprehensive individualized treatment plans, providing evidenced-based therapy.

Beautiful oceanfront views and therapeutic location.

Treatment may include marital or family counseling. Family involvement is highly encouraged.

Frequent contact with Command and open door visitation.



TREATMENT OVERVIEW

OASIS offers a comprehensive individualized treatment plan designed to meet the needs of our patients.

Medication management and optimization with an in-house psychiatrist.

Cognitive Behavioral therapies, specifically 8 weeks of Cognitive Processing Therapy (CPT) which has one of the best success rates of any evidenced based treatments for PTSD.

Intensive focus on sleep problems.

Group and individual therapy modalities.

Vocational rehabilitation.

Individualized Physical Exercise Training Program.

Relaxation and stress management skills.

Integrative treatment approaches from expert providers (Yoga, Meditation, Recreation Therapy and Art Therapy).

Weekly opportunities for community outreach and volunteerism.

Therapeutic treatment passes.



The OASIS Program

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*Naval Medical Center
San Diego*

OASIS

*Overcoming Adversity
&
Stress Injury Support*

Excellence in Warrior Restoration

